

FOR IMMEDIATE RELEASE: March 12, 2013
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THE POPULAR FAMILY BIKE RIDE ROLLS THROUGH GLENDALE APRIL 14

GLENDALÉ, Ariz. – One of Glendale's favorite family traditions is back! Join hundreds of riders for wonderful weather and great exercise at the free annual Glendale Family Bike Ride on Sunday, April 14 at Sahuaro Ranch Park, located at 59th Avenue and Mountain View Road.

This is a ride for all ages and levels of riders, from kids to adults. Both the long (15-mile ride) and short (6-mile ride) routes take cyclists on a leisurely ride through Glendale's neighborhoods and sections of the Thunderbird Paseo and Skunk Creek pathways.

Visit www.glendaleaz.com/glendalefamilybikeride to pre-register and complete waiver forms. The first 500 people to pre-register (online or via mail) and participate receive a free 2013 Glendale Family Bike Ride t-shirt. Helmets are required for this ride, and can be purchased at the event for \$10 (cash or check only.) On-site registration begins at 7-9 a.m. and the ride begins at 8 a.m. There is no registration fee. All riders must get on the road by 9 a.m. Snacks and water are provided at no cost at two rest stops along the route. In addition, the GUS Bus continuously circuits the route to assist any riders in need.

Activities beginning at 7 a.m. will include music played by DJ Ron Harkins, Barrows Neurological Institute offering blood pressure checks, Southwest Bike providing free bike tune ups and Valley Metro will be on hand with a bus, instructing riders how to properly load a bike onto the bus. In addition, Glendale's Water Services Department will provide water coolers for riders to fill their bottles. Transportation staff is also giving out free bicycle safety items. Finally, after the ride, children and families can enjoy inflatables at Sahuaro Ranch Park until 11 a.m. Bring the whole family for great weather and free entertainment.

For more information, visit www.glendaleaz.com/glendalefamilybikeride or call 623-930-2940.

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